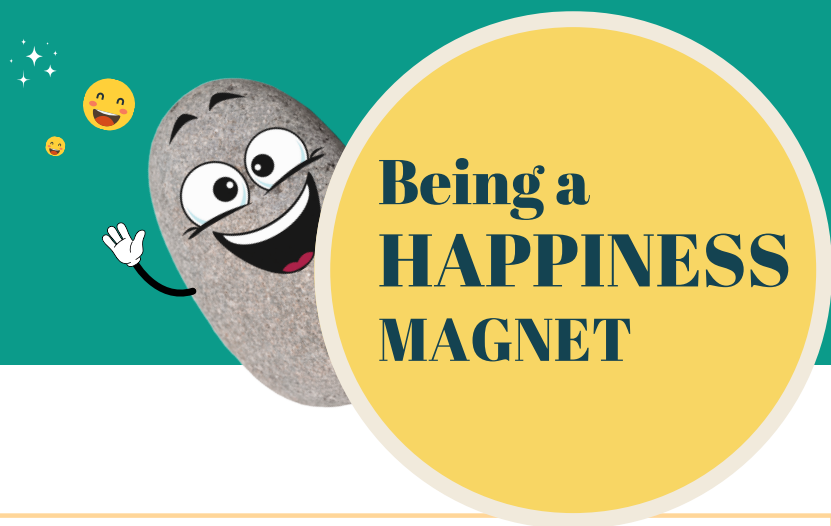


A Priceless Journey of Rediscovering and Being the Real YOU.

BE HAPPY & SPREAD HAPPINESS
A 3-MONTH PROGRAM FOR CHANGE
MAKERS AGED 25-40



Program Schedule

31 May, Saturday	10.30am - 4pm	Launch Day Retreat: Discover The Happy Me. Theme: Burn Bright, Not Out: Building a Healthy Relationship with Yourself
7 June, Saturday	2-4.30pm	From Struggles to Strength: Being Resilient when Facing Challenges
14 June, Saturday	2-3.30pm	Experiential Meditation Session - Peace & Power
21 June, Saturday	2-4.30pm	The Juggle is Real: Harmonising Life, Work, and Mission
28 June, Saturday	2-4.30pm	Inner Compass: Trusting Yourself to Navigate Uncharted Territory
5 July, Saturday	2-3.30pm	Experiential Meditation Session - Karma & Divine connection
12 July, Saturday	2-4.30pm	Value Beyond Impact: Rediscovering Your Worth as a Changemaker
19 July, Saturday	2-4.30pm	The Strength in Being Real: Authenticity as a Leadership Asset
26 July, Saturday		Outdoor Learning trip
2 Aug, Saturday	2-4.30pm	The Mirror Within: What Relationships Teach Us About Ourselves
9 Aug, Saturday		Outdoor Learning trip
16 Aug, Saturday	2-4.30pm	Carrying the Invisible Load: Breaking Free from the Weight of Expectations
23 Aug, Saturday	2-3.30pm	Experiential Meditation Session - Recharge & Replenish
30 Aug, Saturday	2-4.30pm	Feedback / Closing Session



meditation and self development centre

528 High Road, Wembley HA9 7BS .
wembley@innerspace.org | 020 8903 1911 | wembley.innerspace.org